

# 17 to 20 Weeks of Pregnancy



Refer to pages 21-26 in Your Pregnancy and Childbirth Handbook for more information

## Your Baby

*Interesting Facts:* Amniotic fluid increases and baby can move better. Hair begins to grow on the baby's head, as well as eyebrows and eyelashes. Baby movements can be felt by 20 weeks.

*Size:* about 10 inches (25cm)

*Weight:* 3/4 pound (300 grams)



## Your Body

Your pregnancy is beginning to show. You will notice a line beginning to appear down the middle of your stomach. This is known as Linea Nigra. Your weight should start to increase about a pound a week. You may start having cravings, as your appetite starts getting better.

## Your Visit

During your appointment, the Healthcare Provider will listen to your baby's heart rate with a doppler, and manually measure how big your uterus is. You will also have the option of receiving a blood lab called the Maternal Serum Alpha Feto Protein test (also known as a triple screen or MSAFP).

### *What if the MSAFP result was not normal?*

If the results are not normal, then other tests like an ultrasound or amniocentesis may be needed.

### *What is an ultrasound?*

An ultrasound uses sound waves to create a picture of your baby on a TV screen. It is not an X-ray.

### *What is an amniocentesis?*

This procedure involves taking a small amount of fluid from around the baby. If an amniocentesis is needed, the Healthcare Provider will give you more information about why it is needed and how it is done.

### *What if these other tests show there is a birth defect?*

What the results mean, and actions that can be taken will be fully discussed with you. Counseling and support services are available to help you and your partner through these very difficult decisions.

## Your Responsibility

Your responsibility is to keep your prenatal appointments. Stay faithful to an exercise routine. Eat healthy nutritious foods and drink plenty of water. Talk to your family or partner concerning your feelings about becoming a mother. Encourage your partner or family member to come to your next prenatal visit.